

The Scuttlebutt Chronicles

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VSO Quarterly Newsletter

Volume No. 16, October, November, December 2022

Veterans Services Team Member

Brian was born and raised in Crown Point Indiana, about 45 minutes south of Chicago. A fan of cycling and swimming, Brian attended college immediately following high school where he found a calling to help his community by working with The Boys and Girls club of America.

Brian attended the University of Dayton in Ohio for 2.5 years. He then transferred to Indiana University Northwest to complete additional degree requirements before joining the Navy in November of 2011. Brian served in the Great Lakes, Nov 2011-Jan 2012 Bootcamp, Corry Station, Pensacola, FL Jan 2012-Oct 2012 - CTR "A" School and Morse Code, Pearl Harbor, HI Oct 2012- Oct 2015, Corry Station, Pensacola, FL Nov 2015 – Jan 2019- Morse Code Instructor, San Angelo, TX, Jan 2019 – May 2019 - Navy Analysis and Reporting "C" School and Joint Base Pearl Harbor-Hickam, HI Jun 2019 – Jun 2022.

Although currently employed with the Shasta County Veterans Services as of June 2022, Brian was still on active duty when he started but on terminal leave.

Brian couldn't continue to serve on Active duty in the best interests of his family, so moving to Shasta County and joining the VSO was a way for him to give back to the veterans and reunite with his family.

Brian was married in Florida 2017. His wife and 2 children, 2 & 4, moved from Hawaii to Shasta County in 2020.

When not assisting Veterans at the VSO, Brian's focus is to rebuild his life after being separated from his family, buy a home, and spend as much time as possible with his wife and children!



Brian Diederich
Veterans Services Representative

Employee Spotlight

HONORING THE PACT

PACT ACT Changes

Effective 08/02/2022

Gulf War era and post-9/11 Veteran eligibility

These cancers are now presumptive:

- Brain cancer
- Gastrointestinal cancer of any type
- Glioblastoma
- Head cancer of any type
- Kidney cancer
- Lymphatic cancer of any type
- Lymphoma of any type
- Melanoma
- Neck cancer
- Pancreatic cancer
- Reproductive cancer of any type
- Respiratory (breathing-related) cancer of any type

These illnesses are now presumptive:

- Asthma that was diagnosed after service
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)

- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

On or after September 11, 2001, in any of these locations:

- Afghanistan
- Djibouti
- Egypt
- Jordan
- Lebanon
- Syria
- Uzbekistan
- Yemen
- The airspace above any of these locations

On or after August 2, 1990, in any of these locations:

- Bahrain
- Iraq
- Kuwait
- Oman
- Qatar
- Saudi Arabia
- Somalia
- The United Arab Emirates (UAE)
- The airspace above any of these locations

Vietnam era Veteran eligibility

Based on the PACT Act, we've added 2 new Agent Orange presumptive conditions:

- High blood pressure (also called hypertension)
- Monoclonal gammopathy of undetermined significance (MGUS)

We've added these 5 new locations to the list of presumptive locations:

- Any U.S. or Royal Thai military base in Thailand from January 9, 1962, through June 30, 1976
- Laos from December 1, 1965, through September 30, 1969
- Cambodia at Mimot or Krek, Kampong Cham Province from April 16, 1969, through April 30, 1969
- Guam or American Samoa or in the territorial waters off of Guam or American Samoa from January 9, 1962, through July 30, 1980
- Johnston Atoll or on a ship that called at Johnston Atoll from January 1, 1972, through September 30, 1977

We'll add these 3 new response efforts to the list of presumptive locations:

- Cleanup of ~~Enewetak Atoll~~, from January 1, 1977, through December 31, 1980
- Cleanup of the Air Force B-52 bomber carrying nuclear weapons off the coast of ~~Palomares, Spain~~, from January 17, 1966, through March 31, 1967
- Response to the fire onboard an Air Force B-52 bomber carrying nuclear weapons near **Thule Air Force Base in Greenland** from January 21, 1968, to September 25, 1968

Please come in and see your representative

M-F 8:30 – 11:30 and 1:00 – 4:00

Shine a light of hope and support for veterans



America's counties have a long and proud history of serving our nation's veterans, a legacy that continues to this day as we work with our federal, state and local partners to ensure that the former service members in our communities have access to the resources they need to thrive.

This coming Veterans Day, **we invite all of SHASTA COUNTY** to join Operation Green Light and show support for veterans by lighting our buildings green from **November 7 to November 13**.

By shining a green light, county governments and our residents will let veterans know that they are seen, appreciated and supported.



Veterans Affairs Life Insurance (VALife)

Protect the ones you love, those who matter most.

Jan. 5, 2021

Public Law
116-315
is passed

New VA Life Insurance Program

Public Law 116-315 establishes VALife as a **new VA Life Insurance program**.

Dec. 31, 2022

S-DVI programs
are closed
to new
enrollment

VALife Program

What is VALife?

Guaranteed acceptance whole life insurance coverage that requires no proof of health.

Who is eligible?

You are eligible if you:

- Are aged **80 or under** and have a VA disability rating, or
- Applied for **VA disability rating before age 81** and received an initial **rating after turning 81**.

Is there a time limit to apply?

- **Age 80 or Under:** No time limit to apply.
- **Age 81 or Over:** Must apply within two years of receiving a rating for a new service-connected condition applied for prior to age 81.

How much coverage can I get?

Up to **\$40,000** (in increments of \$10,000).

When does my coverage take effect?

Full VALife coverage takes effect **two years** after enrollment.

How much are premiums?

In most cases, premiums are **generally lower than** rates offered for guaranteed acceptance coverage by private insurers.

Premium rates shown are proposed rates based on current estimates and may change prior to implementation of VALife on January 1, 2023.

[Click here](#) for the full premium rate chart.

How are claims paid?

Beneficiaries receive:

- **Premiums paid plus interest** if insured dies within two years of enrollment.
- **Full coverage amount** if insured dies more than two years after enrollment.

Jan. 1, 2023

VALife
becomes
effective

First day to
convert S-DVI
to VALife

Dec. 31, 2025

Last day to
keep S-DVI
and apply
for VALife

Impact on Service-Disabled Veterans Insurance (S-DVI)

What happens to S-DVI when VALife starts?

S-DVI programs will close to new enrollment (**no new applications will be accepted**) after **December 31, 2022**.

Can I apply for VALife if I have S-DVI?

If you have S-DVI, you can apply for VALife. If you apply before December 31, 2025, you can keep S-DVI during the initial two year enrollment period for VALife.

Do I have to switch to VALife?

No, you may **remain** in the S-DVI program.

We are not currently accepting applications for VALife.

Sign up to receive updates about the program at [VA.gov/life-insurance](https://va.gov/life-insurance).



VALife Premium Rate Chart*

Monthly Premium Rates Per \$10,000 at Select Ages. Maximum coverage amount: \$40,000.

[Click here](#) for the full premium rate chart.

Issue Age	VALife Premium Rate	Issue Age	VALife Premium Rate
20	\$11.60	55	\$40.60
25	\$13.40	60	\$50.10
30	\$15.60	65	\$62.00
35	\$18.60	70	\$78.00
40	\$22.30	75	\$99.50
45	\$27.00	80	\$127.50
50	\$33.00		

*Premium rates shown are proposed rates based on current estimates and may change prior to implementation of VALife on January 1, 2023.

We are not currently accepting applications for VALife.

Sign up to receive updates about the program at [VA.gov/life-insurance](https://va.gov/life-insurance).



Transportation to New VA Clinic

RABA has worked out an agreement with the Coordinated Transportation Services Agency (CTSA) (currently Dignity Health Connected Living [DHCL]), which provides community transportation for rural areas outside of the RABA Service Area, to provide transportation for veterans to the new VA Clinic (3455 Knighton Rd).

For Immediate Transportation:

Veterans can schedule rides to the new VA Clinic by calling DHCL at (530) 226-3075.

To Request a New RABA Bus Route:

The Shasta Regional Transportation Agency (SRTA) assesses Unmet Transit Needs every year (e.g., funding and performance requirements). Submit your feedback to SRTA to request a new RABA bus route to the new VA Clinic.

<https://www.srta.ca.gov/146/Unmet-Transit-Needs-Process>

Call DHCL at (530) 226-3075

Ingredients

- 3-4 cups chicken stock
- 1 (14-oz) can diced tomatoes
- 1 lb smoked sausage, fully cooked, cut into 1/4-inch slices
- 2 boneless skinless chicken breasts- cut to bite sized
- 1 lb medium fresh shrimp, peeled and deveined
- 1 ½ cup long grain rice
- 1 white onion, diced
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon dried thyme leaves
- 4 cloves minced garlic
- 2 tablespoons Cajun / Creole seasoning
- 1 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 seeded jalapeno (optional)
- 1/4 teaspoon salt
- 1 cup thinly sliced okra (optional)
- 1 bay leaf

Directions:

Heat 1 tablespoon oil in a stock pot (or a very large, deep sauté pan) over medium-high heat. Add the chicken and sausage and sauté for 5-7 minutes, stirring occasionally, until the chicken is cooked through, and the sausage is lightly browned. Transfer to a clean plate and set aside.

Add the remaining 2 tablespoons oil to the stock pot. Add bell peppers, celery, jalapeño, onion and garlic. Sauté for 6 minutes, stirring occasionally, until the onions are softened. Add the crushed tomatoes, chicken stock, rice, Cajun seasoning, thyme, cayenne, bay leaf, and stir to combine. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 25-30 minutes, or until the rice is nearly cooked through, stirring every 5 minutes or so along the way so that the rice does not burn.

Add the shrimp, okra, and stir to combine. Continue to simmer, stirring occasionally, until the shrimp are cooked through and pink. Stir in the chicken and sausage and remove and discard the bay leaf.



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**Shasta County
Veteran Services**

Phone: 530-225-5616 Option #1

Visit our webpage for printable checklists.

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